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## May is Women's Health Month

*Life is busy. Long hours at work. Kids' and grandkids' sporting events. Grocery shopping. Social functions. Social functions with friends and family. You're busy meeting other's needs-often with little time for your own.*

*We encourage all women to take time for themselves this month – treat yourself to a pedicure, rent a good movie, begin an exercise routine, take a healthy cooking class and make sure to get your annual preventive exam so that you can stay healthy for those that depend on you.*



Visit [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com)  
and explore this new site.

## Healthy Pregnancy Program

Are you expecting? Let the Healthy Pregnancy Program help you get the support and care you need.

As part of continuing program-enhancement efforts, UnitedHealthcare launched an improved Web site in March 2009 to provide expectant mothers with enhanced online education, interactive tools and robust support throughout pregnancy, childbirth and beyond. Visit [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com) and explore this new site.

Members newly enrolling in the Healthy Pregnancy Program will also receive a Mom(me) kit and breastfeeding DVD. The new Mom(me) kit focuses on the “me” in mommy and includes information to help expectant mothers make healthy choices during and after pregnancy. In addition to the updated Web site and the Mom(me) kit, members enrolling in the Healthy Pregnancy Program will receive the *Journey Through Pregnancy* book, access to the award-winning online *Healthy Pregnancy Owners Manual*, and a discount on PJs Comfort® breast pumps.

**To enroll, call the Customer Care number on the back of your medical ID card.**



### Start by seeking treatment

Thankfully, depression can be treated with the right combination of therapy and medication.

## Is Your Partner Depressed?

Relationships are built on love and respect. But what happens when depression casts a shadow over your relationship? It may be hard for a depressed partner to show affection. He or she may also be withdrawn and disinterested. This isolation can leave both partners feeling helpless and sad.

### Start by seeking treatment

Thankfully, depression can be treated with the right combination of therapy and medication. That's why one of the best things you can do for a depressed spouse or partner is to encourage him or her to get treatment. If the person is reluctant to get help, offer to attend therapy sessions together. Going as a couple may be less intimidating. Joining a support group with others who are depressed may also help.

### Other ways you can help

- **Take depression seriously.** Don't dismiss your partner's feelings by telling him or her to just "get over it." You want to convey understanding and patience, not exasperation and annoyance.
- **Express concern gently.** Bring up your thoughts in a calm, non-confrontational way. Otherwise, your spouse may become defensive and even more withdrawn.
- **Suggest different options.** If your partner isn't yet ready to seek treatment, help him or her find other ways to learn more about depression. Share helpful Web sites, books or magazine articles. Keep your partner as engaged as possible in activities he or she enjoys. Offer to go for walks together, for both the exercise and feeling of closeness.

*(continued on next page)*



Take care of yourself.

- **Maintain a thick skin.** Depression can make a person angry and resentful, even when you try to help. If your partner says hurtful things to you, or blames you for his or her depression, try not to take every insensitive comment to heart. A defensive response from you may cause more aggravation to you both.
- **Know when to get help.** If your spouse talks about suicide, call a mental-health professional or suicide crisis hotline immediately. Never ignore a threat about self-harm.
- **Take care of yourself.** Your loved one's needs may feel all-consuming at times. Don't feel guilty about doing enjoyable things on your own if your partner isn't able to share the experience. Seek individual therapy if you need it.

If you need help finding a therapist or treatment facility that is right for you, contact UnitedHealthcare by calling the number on the back of your insurance card.

## How can you tell if someone is depressed?

Look for these signs:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Sadness                 | <input type="checkbox"/> Crying                   | <input type="checkbox"/> Changes in appetite    |
| <input type="checkbox"/> Changes in sleep        | <input type="checkbox"/> Irritability             | <input type="checkbox"/> Pessimism              |
| <input type="checkbox"/> Fatigue                 | <input type="checkbox"/> Inability to concentrate | <input type="checkbox"/> No interest in hobbies |
| <input type="checkbox"/> Withdrawal from friends |   |   |

**You can also visit [www.liveandworkwell.com](http://www.liveandworkwell.com), accessed through [www.myuhc.com](http://www.myuhc.com) for more information and self-assessment materials.**



**NurseLine<sup>SM</sup>:**  
**866-696-5846**

## Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds and flu cost you a lot more than a visit to an urgent care center or convenient care clinic such as Walgreens Take Care clinics or CBS Minute clinics.

Not sure what type of treatment is best? Call NurseLine<sup>SM</sup>. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

*"My baby has a temperature of 102 degrees. It's midnight. What do I do?"*

*"I have diabetes and my blood sugar is really high. How can I better manage my condition and stay healthy?"*

*"My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?"*

	<b>Free</b> <b>NurseLine</b>	<b>\$</b> <b>Convenient clinic</b> <small>(located in some pharmacies)</small>	<b>\$</b> <b>Physician</b> <b>services</b>	<b>\$\$</b> <b>Urgent</b> <b>care</b>	<b>\$\$\$</b> <b>Emergency</b> <b>room</b>
<b>Availability</b>	Available 24 hours a day, 7 days a week	Available extended hours & weekends	Generally available during normal business hours	Available extended hours & weekends	Available extended hours & weekends
<b>Service Example</b>	First aid, determining best treatment option, health education, provider search	Colds, flu, quick services	Preventive services, management of acute and chronic conditions	Sprains, strains, sutures	Complex-chest pain, trauma

Please visit

**[www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans)**

to view current issues of this publication.

## Important contact information

### Where to go when you want information

**myuhc.com** Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

**www.liveandworkwell.com** An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more.

**NurseLine Services:** 866-696-5846. Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

**Care Coordination<sup>SM</sup>** Refer to the customer service phone number on the back of your ID card.

**Definity HRA:** 800-396-6515

**PPO:** 877-246-4189

**Choice HMO:** 866-527-9599

**High-Deductible Health Plan:** 877-246-4195

**Retirees:** 877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

The Connection will be made available monthly at the myuhc.com site ([www.myuhc.com/groups/gdch](http://www.myuhc.com/groups/gdch)) and at [www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans) to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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UnitedHealth Wellness<sup>SM</sup> is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through UnitedHealthcare Insurance Company. Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

## Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at **[www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans)**. Forms should be completed and returned to your payroll location benefit manager.

### For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
  - Current address
  - New address
  - Telephone number
  - Signature authorizing the address change

### Retirees mail to:

State Health Benefit Plan  
P.O. Box 1990  
Atlanta, GA 30301

